



QUIT TOBACCO.

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- There is no safe form of tobacco. All tobacco products contain nicotine, a very addictive (habit forming) drug. Cigarettes, cigars, pipes, chewing tobacco, e-cigarettes and snuff can all cause disease.
- Smokers are about four times more likely to get gum disease than non-smokers. Smokers are also at higher risk of oral (mouth) cancer, tooth loss, and cavities.
- If you are pregnant, smoking can harm your baby. Your baby could die, be born too early, or be too small to be healthy when it is born.
- Quitting smoking is the number one thing you can do to improve your health.
- Smoking hurts your senses of smell and taste, gives you bad breath, and ages your skin.
- Children whose parents smoke are more likely to get asthma, bronchitis, colds, and ear infections. They are also at an increased risk of becoming smokers themselves.

Counseling is available on a walk-in basis. Come and see us at the USNH Health Promotion and Wellness Department (Directorate of Public Health front desk) on Support Site, or at the Capodichino Occupational Health Clinic.

If you would like to make an appointment at Support Site call: 081-811-6445 or 629-6445

To make an appointment at the Capodichino Clinic, call us at: 081-568-5717/4033 or 626-5717/4033

We can also be reached by email at:
napleshealthpromotion@med.navy.mil



Additional resources can be found on the Navy Marine Corps Public Health Center's website at: [http://](http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx)

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